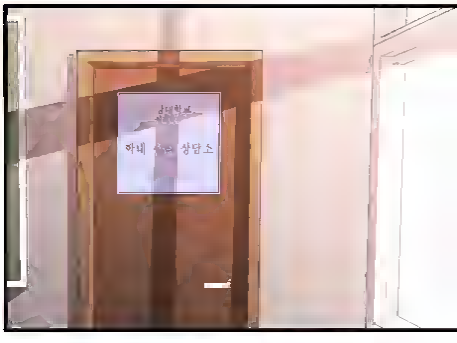
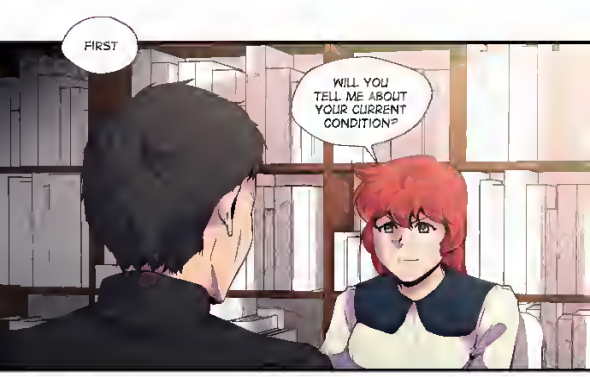


UH...
WHAT SHOULD WE TRY FIRST?

.....

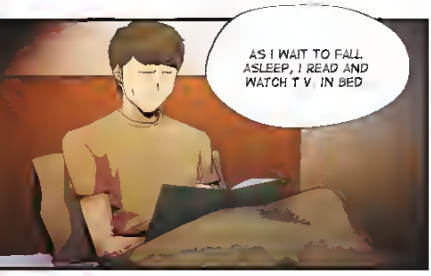
IT WOULDN'T HURT TO TAKE ONE MORE CASE BEFORE STUDYING ABROAD

TOUCH


FIRST
WILL YOU TELL ME ABOUT YOUR CURRENT CONDITION?

I'LL DO IT PROPERLY
THIS TIME

IT'S BEEN OVER THREE MONTHS NOW
IT TAKES ABOUT TWO TO THREE HOURS TO FALL ASLEEP WHEN I LIE DOWN AND I WAKE UP EASILY ONCE I'M ASLEEP
IT'S REALLY HARD TO FALL BACK TO SLEEP


AS I WAIT TO FALL ASLEEP, I READ AND WATCH T.V. IN BED

WHEN I FEEL SLEEPY AND TRY TO SLEEP,
THE SLEEPINESS GOES AWAY COMPLETELY

DO YOU ALSO USE YOUR SMART PHONE BEFORE YOU SLEEP?
AH, YEAH... SINCE I'M UNABLE TO FALL ASLEEP

DO YOU TAKE NAPS?
I TRY TO TAKE NAPS WHENEVER I FEEL SLEEPY DURING THE DAY SINCE I NEED TO MAKE UP SOME SLEEP

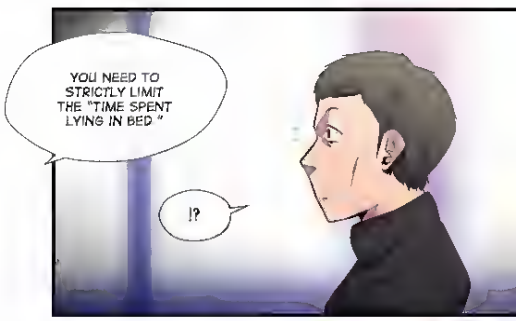
YOO-GUN,
WHAT YOU NEED TO DO IN ORDER TO RESOLVE YOUR INSOMNIA

IS TO RESIST SLEEP
WHAT?

닥터프로스트
Dr.FROST
Work by 이종범

FILE No.#09

- INSOMNIA (3)

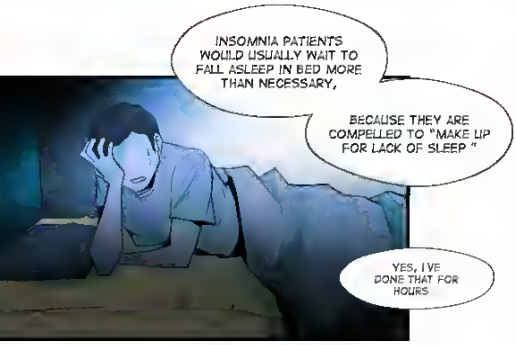


THIS IS ONE OF THE MAIN METHODS USED TO TREAT INSOMNIA WITHOUT THE USE OF DRUGS
IT'S MIXED WITH "SLEEP RESTRICTION" AND "STIMULUS CONTROL "

YOU KNOW ABOUT THE "PAVLOV'S DOG" EXPERIMENT, RIGHT?
TWITCH
??
YES. IT'S THE CONDITIONED REFLEX EXPERIMENT, RIGHT?

"PAVLOV'S DOG" EXPERIMENT ONE OF THE MOST WELL KNOWN EXPERIMENTS IN PSYCHOLOGY AND BRAIN PHYSIOLOGY
THE RUSSIAN PHYSIOLOGIST PAVLOV NOTICED ONE DAY HOW THE DOG SALIVATED WHENEVER THE DOG HEARD THE BREEDER'S FOOTSTEPS EVEN BEFORE SEEING FOOD AND CONCLUDED THAT THE DOG ASSOCIATED THE "BREEDER'S FOOTSTEPS" WITH "FOOD"

PAVLOV THEN HYPOTHESIZED THE POSSIBILITY OF BEING ABLE TO ASSOCIATE "FOOD" WITH SOMETHING OTHER THAN "FOOTSTEPS" AND STARTED TO EXPERIMENT
HE MADE A CONNECTION BETWEEN "FOOD" AND "BELL" BY RINGING A BELL WHENEVER HE GAVE FOOD TO THE DOG
THE DOG THEN STARTED TO SALIVATE WHENEVER THE BELL WAS RANG. IT'S A WELL KNOWN EXPERIMENT THAT IDENTIFIED "CONDITIONED REFLEXES" AND OPENED THE ROAD FOR CEREBRUM PHYSIOLOGY


INSOMNIA PATIENTS WOULD USUALLY WAIT TO FALL ASLEEP IN BED MORE THAN NECESSARY,
BECAUSE THEY ARE COMPELLED TO "MAKE UP FOR LACK OF SLEEP."
YES, I'VE DONE THAT FOR HOURS

IF THAT CYCLE IS REPEATED, "BED" BECOMES ASSOCIATED WITH "BEING UNABLE TO SLEEP."
EVEN WHEN SLEEPY, THE SYMPTOMS OF INSOMNIA WILL SHOW WHENEVER THE PATIENT LIES IN BED
SO GET OUT OF BED WHENEVER YOU'RE UNABLE TO FALL ASLEEP FOR MORE THAN 15 MINUTES
YOU HAVE TO GO TO THE LIVING ROOM OR ANYWHERE ELSE AND DO SOMETHING ELSE
ALSO, DO NOT SLEEP ON THE SOFA OR ANYWHERE ELSE OR THIS WHOLE THING CAN BECOME ALL FOR NOTHING
ALL OF THIS
IS IN ORDER TO SEPARATE "BEING UNABLE TO SLEEP" FROM "BED."
WOW, THAT'S INTERESTING
IT ALSO MEANS THAT YOU SHOULDN'T DO ANYTHING OTHER THAN SLEEP WHILE IN BED
READING AND ESPECIALLY SMART PHONES ARE NOT ALLOWED
AND TAKE THE T.V. OUT OF YOUR BEDROOM
WHA!!

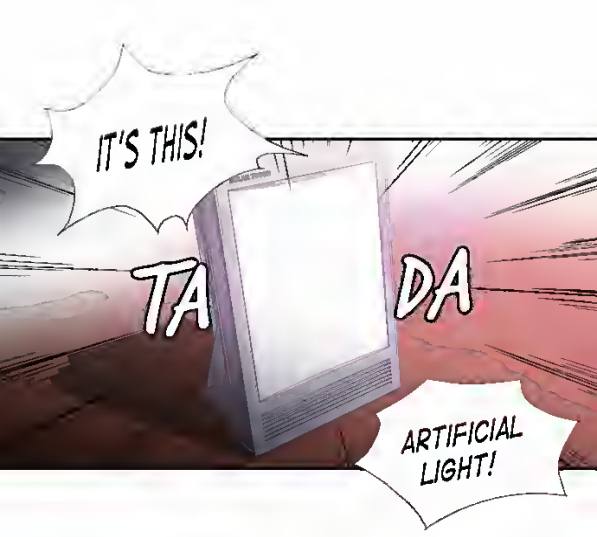
ALSO THERE IS ONE PROBLEM
UM

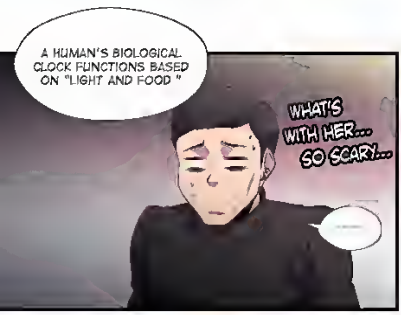
HUH, WHAT IS IT?

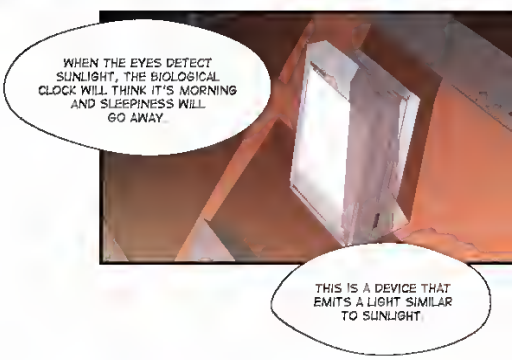
FOR THIS METHOD TO WORK, YOU NEED TO WAKE UP AT THE TIME YOU DECIDED TO WAKE UP NO MATTER WHAT
IF YOU DECIDED TO WAKE UP AT 7
YOU HAVE TO WAKE UP AT 7 EVEN IF YOU BARELY FELL ASLEEP AT 6.
H-HOW CAN I DO THAT!!??

I-IT WILL BE REALLY DIFFICULT AT THE BEGINNING

SO I SPECIALLY PREPARED SOMETHING
HUH!?


IT'S THIS!
TA
DA
ARTIFICIAL LIGHT!


A HUMAN'S BIOLOGICAL CLOCK FUNCTIONS BASED ON "LIGHT AND FOOD."
WHAT'S WITH HER... SO SCARY...


WHEN THE EYES DETECT SUNLIGHT, THE BIOLOGICAL CLOCK WILL THINK IT'S MORNING AND SLEEPINESS WILL GO AWAY.
THIS IS A DEVICE THAT EMITS A LIGHT SIMILAR TO SUNLIGHT.

.....

YOO-
GUN
Y-YES?

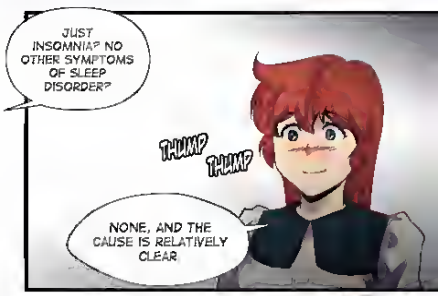
AS I TOLD YOU
BEFORE. "SLEEP"
IS LIKE THE
"IMMUNE SYSTEM"
FOR THE MIND

JUST TREATING
YOUR INSOMNIA MAY
ALSO RESOLVE
YOUR
DEPRESSION OR
ANXIETY

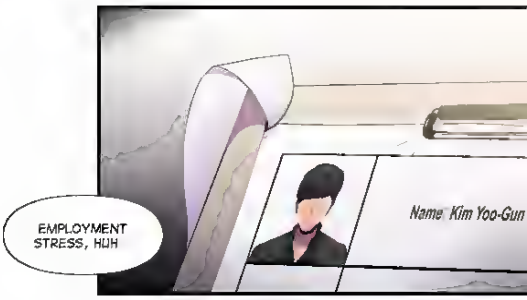
JUST
TRUST ME
OKAY

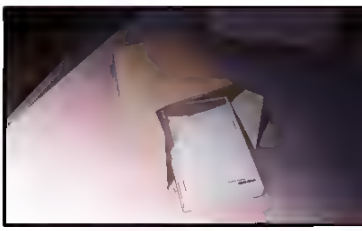
OPEN
OH,
SHOOT
SORRY. AM I
INTERRUPTING THE
CONSULTATION?

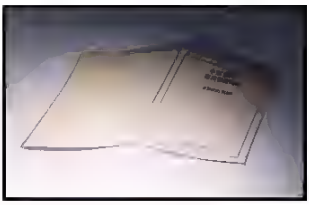
AH, IT JUST ENDED, PROFESSOR
AH, I'LL BE GOING NOW
YEAH, SEE YOU NEXT WEEK
OH, AND TAKE THIS
SLEEP CLINIC
COGNITIVE BEHAVIOR THERAPY
6 WEEKS PLAN
IT HAS GUIDELINES AND THE BEHAVIOR THERAPY SCHEDULE.
OKAY~
GOODBYE
IS HE THE STUDENT YOU WERE TALKING ABOUT?
INSOMNIA?
YES. IT HASN'T REACHED CHRONIC INSOMNIA YET. SO FAR, WE JUST PLANNED OUT A COGNITIVE BEHAVIOR THERAPY.

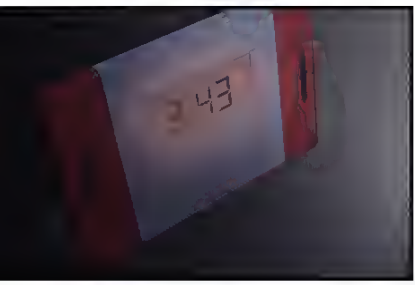


COUNSELING UNDER A GUIDANCE PROFESSOR REQUIRES THE COUNSELOR TO REPORT RECORDS AND RECEIVE GUIDANCE





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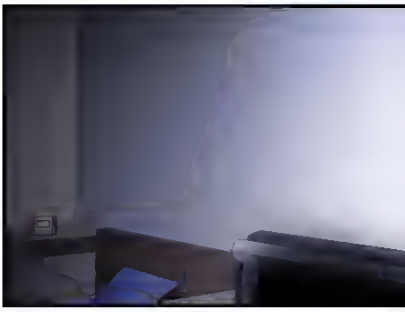

TO BE CONTINUED

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